Gymnastics... Have fun, be safe!

When you are taking part in gymnastics, we want you to have fun, learn great skills and be the best gymnast you can be.

At the same time, we need to make sure you feel safe.

Here’s some tips to help you understand how to be safe and who can help you.

Your coach

To make sure you enjoy gymnastics, coaches teach you different moves and help you develop.

Your coach should:
• treat you fairly
• set a good example
• tell you what is right and wrong
• give you positive feedback

Your coach should NOT:
• make you feel bad or sad
• bully you
• contact you via social media

Sometimes your coach may need to use physical contact to show you a specific move or skill. They should tell you first and explain what they are going to do. If you don’t like it, you are always allowed to say no.

Remember:
If you feel uncomfortable being asked to do anything, you always have the right to say no.

Remember: Think PANTS

P - Privates are private
A - Always remember your body belongs to you
N - No means NO
T - Talk about secrets that upset you
S - Speak up, someone can help
What should you do?

If you are worried about something or someone has hurt or upset you or someone you know, don’t keep it to yourself, always tell someone!

Talk to a person you trust. It is not your fault that someone has hurt you or made you worry and it is not true that nobody else will believe you.

Grown-ups will listen carefully and be able to help you. It’s important that you respect yourself, your friends and community at all times.

Remember: Think GYMNASTS

Gymnastics is fun
You CAN tell
Make people aware
No means NO
Always say if you don’t feel comfortable
Support each other
Talk to an adult you trust
STAY SAFE!

Who should you tell?

There are lots of people you can talk to, such as:
• your parent/guardian
• a teacher
• your club welfare officer
• your coach

A club welfare officer is a specially trained adult whose job is to help. You and your parents can talk to them if you are sad or something is worrying you.

Your club welfare officer is:

Remember: Always tell someone

If there isn’t someone you feel that you can talk to, you can call or visit:

Childline (Free) 0800 1111
www.childline.org.uk
NSPCC Helpline: 0808 800 5000
www.nspcc.org.uk
www.safetynetkids.org.uk
www.gov.uk

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